

CITY OF LINCOLN

RECREATION GUIDE

SPRING/SUMMER 2016





MAYORS CUP GOLF CHALLENGE GOLF TOURNAMENT

Benefitting The City of Lincoln Recreation Department Youth Programs



FRIDAY, SEPTEMBER 23, 2016
Turkey Creek Golf Club • 8am
916.434.3220 • www.lincolnrec.net

The Mayors Cup Golf Challenge is a golf tournament organized by the City of Lincoln Recreation Department. Proceeds from the tournament benefit the youth programs offered by the Recreation Department and have helped us reach thousands of youth in aquatics, youth sports and day camps.

LINCOLN
AIRFEST 2016
June 11th



Lincoln Regional Airport
6:30am to 4pm Airfest
www.LincolnAirfest.com



Designed By
BOBO SIGNS



**Water Restrictions
Still In Effect**

www.lincolncal.gov

WELCOME



CITY OF LINCOLN COMMUNITY CENTER

2010 First Street
Lincoln, CA 95648

(916) 434-3220

Mon-Fri, 8am-12pm, 1-5pm
Closed from 12-1pm
www.lincolnrec.net



Lincoln Recreation



@lincolnparksrec
@lysports



@lysports2015

CONTENTS:

AQUATICS	4-5	YOUTH SPORTS	14-15
SUMMER CAMPS	6-9	ADULT PROGRAMS	16
YOUTH PROGRAMS	10-11	FACILITY RENTALS	17
PARK MAP	12-13	LIBRARY PROGRAMS	18
		REGISTRATION	19

AQUATICS

McBean Pool • 61 McBean Park Drive • (916) 434-3230

Swim Lessons

Lessons are **Tuesday-Friday**, 45 minutes each lesson.

Fee: \$55/\$60NR

	Spring Session 5/24-6/3	Session 1 6/7-6/17	Session 2 6/21-7/1	Session 3 7/5-7/15	Session 4 7/19-7/29	Session 5 8/2-8/12	Session 6 8/16-8/26
10-10:45am		P/P • AQ1.225	Level 1 • AQ1.245	P/P • AQ1.265	Level 1 • AQ1.285	P/P • AQ1.305	
		Level 1 • AQ1.226	Level 2 • AQ1.246	Level 1 • AQ1.266	Level 2 • AQ1.286	Level 1 • AQ1.306	
		Level 2 • AQ1.227	Level 3 • AQ1.247	Level 2 • AQ1.267	Level 3 • AQ1.287	Level 2 • AQ1.307	
		Level 4 • AQ1.228	Level 4 • AQ1.248	Level 4 • AQ1.268	Level 4 • AQ1.288	Level 3 • AQ1.308	
11-11:45am		P/T • AQ1.229	Level 1 • AQ1.249	P/T • AQ1.269	Level 1 • AQ1.289	Level 1 • AQ1.309	
		Level 1 • AQ1.230	Level 1 • AQ1.250	Level 1 • AQ1.270	Level 2 • AQ1.290	Level 2 • AQ1.310	
		Level 2 • AQ1.231	Level 2 • AQ1.251	Level 2 • AQ1.271	Level 3 • AQ1.291	Level 3 • AQ1.311	
		Level 3 • AQ1.232	Level 3 • AQ1.252	Level 3 • AQ1.272	Diving • AQ1.292	Level 4 • AQ1.312	
12-12:45pm		Level 1 • AQ1.233	P/P • AQ1.253	Level 1 • AQ1.273	P/P • AQ1.293	Level 1 • AQ1.313	
		Level 1 • AQ1.234	Level 1 • AQ1.254	Level 2 • AQ1.274	Level 1 • AQ1.294	Level 1 • AQ1.314	
		Level 2 • AQ1.235	Level 2 • AQ1.255	Level 3 • AQ1.275	Level 2 • AQ1.295	Level 3 • AQ1.315	
		Level 3 • AQ1.236	Diving • AQ1.256	Level 5 • AQ1.276	Level 4 • AQ1.296	Level 4 • AQ1.316	
5:30-6:15pm	P/P • AQ1.217	Level 1 • AQ1.237	Level 1 • AQ1.257	Level 1 • AQ1.277	Level 1 • AQ1.297	Level 1 • AQ1.317	Level 1 • AQ1.325
	Level 1 • AQ1.218	Level 2 • AQ1.238	Level 1 • AQ1.258	Level 2 • AQ1.278	Level 1 • AQ1.298	Level 2 • AQ1.318	Level 2 • AQ1.326
	Level 2 • AQ1.219	Level 3 • AQ1.239	Level 2 • AQ1.259	Level 3 • AQ1.279	Level 2 • AQ1.299	Level 3 • AQ1.319	Level 3 • AQ1.327
	Level 3 • AQ1.220	Level 4 • AQ1.240	Level 3 • AQ1.260	Level 4 • AQ1.280	Level 3 • AQ1.300	Level 4 • AQ1.320	Level 4 • AQ1.328
6:30-7:15pm	Level 1 • AQ1.221	P/P • AQ1.241	P/T • AQ1.261	P/P • AQ1.281	P/P • AQ1.301	P/P • AQ1.321	P/P • AQ1.329
	Level 2 • AQ1.222	Level 1 • AQ1.242	Level 1 • AQ1.262	Level 1 • AQ1.282	Level 1 • AQ1.302	Level 1 • AQ1.322	Level 1 • AQ1.330
	Level 3 • AQ1.223	Level 2 • AQ1.243	Level 2 • AQ1.263	Level 2 • AQ1.283	Level 2 • AQ1.303	Level 2 • AQ1.323	Level 2 • AQ1.331
	Level 4 • AQ1.224	Level 4 • AQ1.244	Level 4 • AQ1.264	Level 4 • AQ1.284	Level 4 • AQ1.304	Diving • AQ1.324	Level 3 • AQ1.332

Please review the Refund Policy on page 19.

Parent/Toddler(P/T): 6-24 months

Parent participation required. To develop, in young children, a high comfort level in and around the water and a readiness to swim. This course does not teach children to be accomplished swimmers or to survive in water.

Parent/Preschool(P/P): 2-5 years old

Parent participation required. To develop, in young children, a high comfort level in and around the water and a readiness to swim. This course does not teach children to be accomplished swimmers or to survive in water. Some objectives are to exhale underwater (blow bubbles), and demonstrate a readiness to float with support.

Level 1: Introduction to Water Skills

To orient participants to the aquatic environment and teach children elementary skills that can be built on as they progress through The Learn to Swim program. Some objectives are to fully submerge head and retrieve underwater objects and to perform back float and front float.

Level 2: Fundamental Aquatic Skills

To build on the fundamentals learned in Level 1 such as aquatic locomotion, safety, and rescue skills, and to perform a combined stroke on front and back.

Level 3: Stroke Development

Learning objectives for this class are to coordinate the components of the front and back crawl, retrieve objects unsupported with eyes open, rotary breathing in a horizontal position, and learn the basic rules of diving.

Level 4: Stroke Improvement

To develop confidence and competency in the aquatic skills presented so far in the Learn to Swim program. Some learning objectives are diving from the side of the pool, building endurance by swimming elementary backstroke, breaststroke, butterfly, front and back crawl.

Level 5: Stroke Refinement

To coordinate and refine the keystrokes presented thus far in The Learn to Swim program and to introduce flip turns while swimming on front and back, and tuck and pike surface dives.

Level 6: Swimming and Skill Proficiency

To prepare participants for more advanced courses, such as Water Safety Instructor course, or other aquatic activities, such as competitive swimming or diving.

Diving

A class that builds on the skills already learned. Teaching starts with beginning diving skills and will progress at the rate of the student's ability. Must have Level 4 skills.

Private Swim Lessons

For 1 participant, \$120

Semi-Private Swim Lessons

For 2-3 participants, \$180

Private and Semi-Private Lessons are available during the regular session dates from 1-1:30pm and 5-5:30pm.

Contact McBean Pool at 434-3230 for registration and scheduling.

* Adaptive lessons also available, please contact the pool for scheduling, 434-3230

Recreation Swim

6/6 - 8/16 • Mon-Fri • 2-5pm
6/11 - 9/3 • Sat • 2-5pm

Family Swim Night

6/6 - 8/29 • Mon • 5:30-7:30pm
July 4th & Labor Day Hours- 12-5pm

General Admission

0-3 years Free
4-17 \$3
Adult \$5

Tiny Tot Playtime

Tiny Tot Playtime is designed for children 6 and younger with their parents and/or guardians. Playtime is a great way to cool off in the summer and to introduce your child to the water.
Age: 6 & under

6/6 - 9/5 • Mon • 10-11:30am
Regular admission fees apply. Summer Swim Passes may be used in lieu of drop-in fee.

2016 Summer Aquatic PASS

Good for entrance to afternoon Recreation Swim, evening Family Swim, and Tiny Tot Playtime.

Family Pass
\$120 (up to four people)
\$20 per additional family member

Individual Pass
\$50 Ages 4-17
\$75 Ages 18+

Basic Water Rescue

This Basic Water Rescue course provides individuals with the information and skills necessary to prevent, recognize and respond to aquatic emergencies. This course also prepares individuals for aquatic emergencies by teaching them how to protect themselves while assisting others. The Basic Water Rescue course does not provide participants with all the information and skills needed to be certified as a lifeguard.
Age: 16+

AQ1.129 • 6/20 • Mon • 5:30 - 9:30pm
AQ1.130 • 7/30 • Sat • 9am - 1pm
\$45/\$50NR • McBean Pool

2016 Fitness

PASS

Passes are good for Water Fitness and Lap Swim!

\$50 10 visit punch card
\$95 20 visit punch card

Water Fitness

This class is a combination of shallow and deep water aerobics.

Age: 15+

5/2 - 5/20 • Mon/Wed/Fri • 6:30-7:15pm
5/23 - 9/9 • Mon/Wed/Fri • 7:30-8:15pm
9/12 - 9/30 • Mon/Wed/Fri • 6:30-7:15pm

Lap Swim

Come swim and exercise at your own pace!

Age: 15+

5/3 - 5/19 • Tues/Thurs • 6:30-7:15pm
5/24 - 9/8 • Tues/Thurs • 7:30-8:15pm
9/13 - 9/29 • Tues/Thurs • 6:30-7:15pm

Birthday Parties

@ McBean Pool

Have a stress free birthday party- leave the planning to us!

The Recreation Department is now offering all-inclusive birthday parties at McBean Pool. Parties are held during Recreation Swim at the pool, Mondays-Saturdays 2-5pm.

Party Package includes:
Use of McBean Pool facility during designated swimming hours for up to 3 hours, reserved tables for 1 hour, cake, punch, party invitations, paper products, and a party host.

Fees:
\$150 for 1-8 children
\$240 for 9-16 children
\$4 for each additional child
Options:
Pizza, \$20 per 8 guests

Private Pool Parties

Have your own private party where you and your group can have the pool all to yourself! The McBean Pool is available to rent for your special occasion. Rentals include exclusive use of the pool, deck, and picnic area and are staffed with lifeguards. Private parties are available on Saturdays or Sundays. Contact the McBean Pool at (916) 434-3230 to schedule a private party.

Fees:
\$100 per hour
\$50 per hour for additional lifeguards
(if party is more than 40 people)

Lincoln Lightning Swim Team

The Lincoln Lightning Swim Team is a non-traveling, intramural program. Placement on the team is based on space availability and skill level as determined during the tryout/evaluation. Team practices will be held at McBean Pool between 7:30-10am on Tuesdays, Wednesdays, and Thursdays. Specific practice schedule will be determined once participants are assigned to a team. Three meets will be held during the summer on June 25, July 16, and August 6, from 8:30am-1pm. Participants must attend one of the mandatory tryout/evaluation times if he/she was not on the Lincoln Lightning during the 2015 season. Teams will be posted online at www.lincolnrec.net, at the Community Center, and at McBean Pool by June 6. If participant is placed on the team, payment and registration will be made at the first practice. If participant was on the Lincoln Lightning during the 2015 season, attending the tryout/evaluation is not necessary. **Pre-Registration would be required for returning participants before end of day on 5/23.**

Age: 6-18
AQ1.127 • 6/14-8/6 • \$130/\$140NR

Mandatory Tryouts/Evaluations

Please pick one tryout/evaluation time to attend. You may arrive any time during the noted time below.
5/17, 5/18, 5/19 • 3:30 - 5:30pm
5/21 • 10am - 2pm

Lightning Bugs Swim Team

The Lightning Bugs is a beginner program for our Lincoln Lightning Swim Team. Placement on the team is based on space availability and skill level as determined during the tryout/evaluation. Participants will need to know the freestyle and back crawl for this program. If participants do not get placed on the Lincoln Lightning Swim Team, they will have the option of participating in the Lightning Bugs if they meet the skill requirements. Team practices will be held at McBean Pool between 8-10am on Mondays and Fridays. Specific practice schedule will be determined once participants are assigned to a team. Three meets will be held during the summer on June 25, July 16, and August 6, from 8:30am-1pm. Participants must attend one of the mandatory tryout/evaluation times if he/she was not on the Lightning Bugs during the 2015 season or if participant wants to advance to the Lincoln Lightning program. Teams will be posted online at www.lincolnrec.net, at the Community Center, and at McBean Pool by June 6. If participant is placed on the team, payment and registration will be made at the first practice. **Pre-Registration would be required for returning participants before end of day on 5/23.**

Age: 4-16
AQ1.128 • 6/13-8/6 • \$90/\$100NR

Important Dates

Returning participant registration deadline: 5/23
Complete teams posted: 6/6

SUMMER CAMPS



Week 1- Galactic Blast

6/13 - 6/17 PG1.180
Field Trip: Xtreme Craze

Week 2 - Pirates & Princesses

6/20 - 6/24 PG1.181
Field Trip: Fairytale Town/Funderland

Week 3 - Wilderness Escape

6/27 - 7/1 PG1.182
Field Trip: Folsom Zoo

Ages: 5-11

Come discover Kids Kamp! Meet new friends, enjoy action packed games, dynamic arts and crafts projects, yummy cooking projects, sports, science projects, and awesome field trips. Field trips will be scheduled on Thursday's, unless otherwise noted. Campers will swim at McBean Pool on Wednesday's and Friday's. *Must register for the whole week.*

Mon-Fri • 9-3:30pm

Fee: \$125/\$130NR each week

Week 4: \$100. No Camp on 7/4

Location: McBean Pavilion



Week 4 - Workshop of Wonders

7/5 - 7/8 PG1.183
Field Trip: Sacramento Children's Museum
**No camp, Monday, 7/4*

Week 5 - Investigation Destination

7/11-7/15 PG1.184
Field Trip: Monster Mini Golf

Week 6 - Deep Sea Discovery

7/18 - 7/22 PG1.185
Field Trip: Blue Oaks Cinema: Finding Dory



Week 7 - Sugar Rush

7/25 - 7/29 PG1.186
Field Trip: Extreme Gymnastics, Fri 7/29

Week 8 - Summer Olympics

8/1 - 8/5 PG1.187
Field Trip: Sacramento River Cats, Tues 8/2

Week 9 - May the Force be with You

8/8 - 8/12 PG1.188
Field Trip: Strikes



Extend the Fun

If your child is already participating in Kids Kamp, let the fun continue! We are offering extended care this summer if your child needs camp beyond the 9am-3:30pm Kids Kamp hours. Your child will be supervised by our Kids Kamp staff while our fun, themed activities continue.

Super Starter

7:30-9am \$20 per week

Fun Finale

3:30-5:30pm \$25 per week

Week	Theme	Date	Super Starter Code	Fun Finale Code
1	Galactic Blast	6/13-6/17	PG1.189	PG1.198
2	Pirates & Princesses	6/20-6/24	PG1.190	PG1.199
3	Wilderness Escape	6/27-7/1	PG1.191	PG1.200
4	Workshop of Wonders	7/5-7/8	PG1.192	PG1.201
5	Investigation Destination	7/11-7/15	PG1.193	PG1.202
6	Deep Sea Discovery	7/18-7/22	PG1.194	PG1.203
7	Sugar Rush	7/25-7/29	PG1.195	PG1.204
8	Summer Olympics	8/1-8/5	PG1.196	PG1.205
9	May the Force be with You	8/8-8/12	PG1.197	PG1.206

Youth Volunteer Program

Get involved, make a difference in the community...become a Youth Volunteer!

Volunteers are needed for our summer Kids Kamp program as well as at McBean Pool.

Kids Kamp- Our Kids Kamp program is a 9-week program, June 13-August 12, Monday-Friday. Volunteers will be asked to volunteer between the hours of 9am-3:30pm.

McBean Pool- Volunteers are needed to assist Water Safety Instructors during swim lessons. Swim lesson sessions are listed in the Recreation Guide.

Volunteers must be 14 years or older to apply. Volunteers must submit an application and will need to attend a Volunteer training/orientation in early June.

For more information about the Youth Volunteer Program, please contact Stephanie Lombardi at 434-3228 or stephanie.lombardi@lincolncal.gov

Applications are due by May 27, 2016

Jedi Engineering with LEGO®

The Force Awakens in this introductory engineering course for young Jedi! Explore engineering principles by designing and building projects such as LEGO X-Wings, R2 Units, Energy Catapults, Defense Turrets, and Settlements from a galaxy far, far away. Create motorized and architectural projects with imagination and engineering to defeat the Empire!

Age: 5-7
PG1.174 • 8/1-8/5 • Mon-Fri • 9am - 12pm
\$155/\$160NR • Lincoln Crossing Elem, Tech Room



Mine, Craft, Build with LEGO®

Let your imagination run wild with thousands of pieces of LEGO®! Build engineer-designed projects such as boats, bridges, mazes and motorized cars, and use special pieces to create your own unique design! Explore the endless creative possibilities of the LEGO® building system with the guidance of a Play-Well instructor.

Age: 7-12
PG1.173 • 8/1-8/5 • Mon-Fri • 1 - 4pm
\$155/\$160NR • Lincoln Crossing Elem, Tech Room

Active Tots Sports Camp

Drop your kids off for hours of fun in this exciting sports camp! Your child will develop a love of sports with fun drills and games in basketball, t-ball and soccer. Relay races, obstacle courses, and other age appropriate games will also be incorporated. Pack a healthy snack/ lunch, lots of water and have your child wear closed toed shoes. Both boys and girls are welcome!

Age: 4-8
AC1.718 • 6/6 - 6/10 • Mon-Fri • 9am-12pm
\$90/\$95NR • Foskett Ranch Elem

AC1.719 • 7/18-7/22 • Mon-Fri • 9am-12pm
\$90/\$95NR • Twelve Bridges Elem

AC1.720 • 8/1-8/5 • Mon-Fri • 9am-12pm
\$90/\$95NR • Lincoln Crossing Elem

Tennis Camp

Learn grips, technique, positioning and stroke development in this camp designed for tennis players of all skill levels. Interactive games will be used to teach and practice skills with emphasis on fun, good sportsmanship and providing campers with skills to improve both their singles and doubles play.

Youth 1
Age: 8-12
AC1.716 • 8/1-8/4 • Mon-Thurs • 8-9:30am
\$80/\$85NR • LHS Tennis Courts

Youth 2
Age: 10-15
AC1.717 • 8/1-8/4 • Mon-Thurs • 9:30-11am
\$80/\$85NR • LHS Tennis Courts

Challenger Sports British Soccer Camp

Challenger Sports British Soccer Camp is the most popular soccer camp working with over 150,000 children each year. Our experienced professional British staff study the game at all levels. We will teach key techniques and skills to help your player reach their true potential. With programs for ages 3-10, the curriculum includes a variety of foot skills, technical drills, tactical practices, freestyle soccer, small-sided games, coached scrimmages, and a mini World Cup tournament play. Want to host a British coach for the week of camp? Contact Jamie at jkent@challengersports.com & get an \$80 rebate! Players also learn about our core values of respect, responsibility, integrity, sportsmanship and leadership. Each child gets a FREE Soccer ball, T-shirt, Evaluation and soccer poster! All equipment will be provided by the instructor. Child should bring water, sunscreen and a snack if they wish.

Age: 3-6
AC1.563 • 7/18 - 7/22 • Mon-Fri • 9-10:30am
\$130/\$135NR • Pete Singer Park

Age: 7-10
AC1.564 • 7/18 - 7/22 • Mon-Fri • 9am-12pm
\$180/\$185NR • Pete Singer Park

What to wear:
Please wear comfortable sports clothes (shorts or pants and t-shirt/jacket). Shin guards and soccer cleats are recommended, but not required. No open toe shoes.



Hoop Improvement Camp

This four day, fun filled camp will provide your young player the opportunity to learn about basketball in a fun and positive environment. Each day will feature easy to learn instruction along with enjoyable games and contests that will enhance their development and love of the game. Coach Rick Bauer is the owner and coach of Good Sport U. All players receive a Good Sport U shirt.

Age: 5-7
AC1.571 • 7/18-7/21 • Mon-Thurs • 3:30-4:40pm
\$60/\$65NR • Community Center

Age: 8-10
AC1.572 • 7/18-7/21 • Mon-Thurs • 4:45-5:55pm
\$60/\$65NR • Community Center

Gymnastics Camp

This three day camp is crammed with fun-filled and themed based games, tumbling, music and crafts.

Age: 5-9
AC1.686 • 9am - 12pm
Mon-Wed • 8/8 - 8/10 • \$50/\$55NR

Tiara's and Tip Toes Princess Camp

Calling all Ballerinas and Princesses at heart! This three day camp is full of tutus, glitter, tea parties, dress up, Ballet Class, manners and adventure! . Monday's theme is "Part of This World". Dancers will learn to be kind to friends, foes and the earth. Wednesday's theme is "Let's be Brave." Dancers will concentrate on being brave, and thoughtful. Friday is Tea Party day! Dancers will learn just exactly how a princess would sip tea, eat crumpets and talk to their guests. Campers will learn a Ballet Dance to perform for their parents and royal subjects on the last day of camp! The princesses will create crowns, wands, tutus and more! Who's ready to twirl, tip toe, and turn into a Princess? Dancers are encouraged to dress up according to the theme!

Age: 4-10
AC1.690 • 7/18, 7/20, 7/22 • Mon, Wed, Fri
9:30am-12:30pm
\$100/\$105NR
Location: Expressions Academy of Dance, 780 Sterling Parkway, Suite 30, Lincoln



Adventure Camp

This camp is for the adventurous child! Each day we will get active with push ups, jumping jacks, obstacle courses and of course learn some Hip Hop dance moves! Monday is Ninja day; campers will work on agility, coordination and fast paced movement. Wednesday is Superhero Day; campers will use their superhero imaginations to create their own capes and then help with the capture of the dance villain! On Friday, we will explore the real life hero's we encounter each day; the men and women of our military, police force, firefighters, and medical personnel. Campers will get crafty, and also create drawings and thank you letters, we will send to our troops, police force, firefighters and medical professionals. This camp is for the active child, let's get moving to save the world! Kids are encouraged to dress up according to the theme of the day!

Age: 4-10
AC1.691 • 8/8, 8/10, 8/12 Mon, Wed, Fri
9:30am-12:30pm
\$100/\$105NR
Location: Expressions Academy of Dance, 780 Sterling Parkway, Suite 30, Lincoln

SUMMER CAMPS

SKATETOWN SUMMER CAMPS

Skatetown Ice Arena in Roseville offers a great option to the traditional day camp. No skating or hockey experience needed. Camps held at Skatetown Ice Arena, 1009 Orlando Ave, Roseville.

No Camp, 6/20, 6/21, 6/22, 6/23, 6/24 or 7/4

Age: 6-12

Monday - Friday, 9am - 5pm

Fee: \$250/\$255NR

Camp Cool

Daily beginner group skating lesson. Build snowmen, toss snowballs, play in the snow, ride big wheel trikes and GoKarts. Play Monster Basketball, limbo, hockey, broomball and other games. Off-ice games and crafts. Every participant receives a Camp Cool shirt.

AC1.581 • 6/6 - 6/10 • \$250/\$255NR

AC1.582 • 6/27 - 7/1 • \$250/\$255NR

AC1.583 • 7/5 - 7/8 • \$200/\$205NR

AC1.584 • 7/11 - 7/15 • \$250/\$255NR

AC1.585 • 7/25 - 7/29 • \$250/\$255NR

AC1.586 • 8/1 - 8/5 • \$250/\$255NR

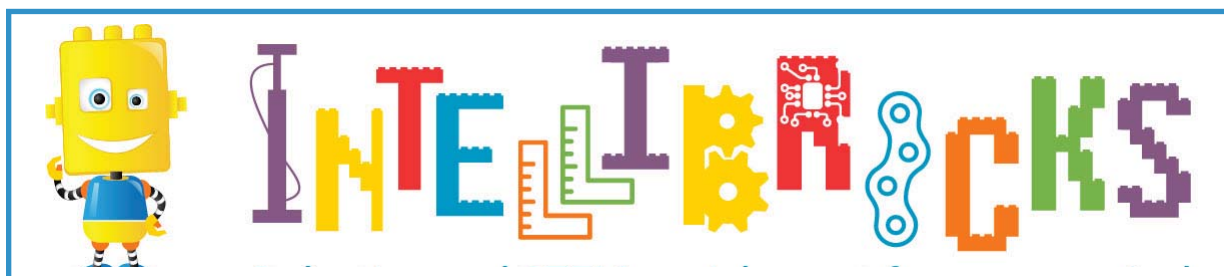
AC1.587 • 8/8 - 8/12 • \$250/\$255NR

Beginner Hockey Camp

Learn the basics of hockey. Curriculum is based on camper skill levels. Loaner gear and rental skates are provided. Three hours of ice daily, with time to skate public session. Fun Friday scrimmage game. Off-ice games and activities. Every participant receives a Camp Cool shirt.

AC1.588 • 6/13 - 6/17 • \$250/\$255NR

AC1.589 • 7/18 - 7/22 • \$250/\$255NR



Arduino Robotics and the Island of PodPi

Explore Java Script Programming and Electronics!

Welcome to the Island of PodPi, a series of technology adventures for kids. During this full day week long Summer Camp, your kids will meet several characters from the Island who will teach them the basic concepts of Java Script Programming and electronics, including the use of LEDs, various sensors and servo motors. IntelliBricks will provide touch screen laptops for programming. Ages: 9-15

By the end of the week, children will take home the following items:

- An Arduino based night light with LED strips that they built and programmed themselves.
- A complete Arduino kit with servo motors, sensors and misc. components
- A PodPi magazine with the entire lessons for the week
- A badge
- A t-shirt

PG1.175 • 6/20-6/24

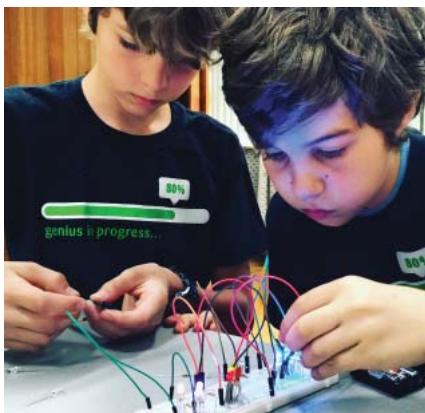
Monday - Friday, 9:30am-3:30pm

\$350/\$355NR*

*additional \$65 material fee, due to instructor on first day of camp.

Location: Lincoln Crossing Elem, Tech Room

Hurry, space is limited, only 12 students per camp!



LINCOLN YOUTH SPORTS CAMPS

www.lincolnyouthsports.com



Lincoln Youth Basketball Skills Camp

Players will learn and practice key fundamental and advanced skills including footwork, rebounding, defense and offensive position specific skills while incorporating this training into competitions and scrimmages. This is a great camp for all players looking to have fun, get better, and take your game to the next level.

Registration Deadline: 6/17

6/20-6/24 • Mon-Fri • \$70 • Community Center

Grades: 3rd-5th
10am-12pm

Grades: 6th-8th
1-3pm



Lincoln Youth Volleyball Summer Skills Camp

Come participate in this week-long youth volleyball camp to learn and polish those skills and get some extra practice as we will focus on strengthening individual skill sets and incorporating them into game situations all while having tons of fun.

Registration Deadline: 7/15

7/18-7/22 • Mon-Fri • \$70 • Community Center

Grades: 3rd-5th
10am-12pm

Grades: 6th-8th
1-3pm



Lincoln Youth Flag Football Boot Camp

Our Lincoln Youth Flag Football season is rapidly approaching, so here is your chance to dust off your cleats and get some training in before the first practice! Get a great workout with this week-long, 2 hour skills camp that will cover everything you will need to work on for the upcoming season.

Registration Deadline: 7/29

Grades: 3rd-8th
8/1-8/5 • Mon-Fri • 9-11am
\$70 • Foskett Regional Park



Skyhawks Sports Academy provides sport programs where children discover and develop athletic skills and social values, such as teamwork, respect and sportsmanship. We offer children a positive sports experience while promoting a healthy, active lifestyle.

Monday - Friday, 9am - 12pm

Fee: \$159/\$164NR

Location: McBean Park

Mini-Hawks Camp

This Multi-sport program gives children a positive first step into athletics. Campers will learn basic skills for Soccer, Basketball & Baseball. The essentials of each sport are taught in a safe, structured environment with lots of encouragement and a focus on fun. All games and activities are designed to allow campers to explore balance, movement, hand/eye coordination and skill development at their own pace.

Ages: 4-7

AC1.721
6/6-6/10

Multi-Sport Camp

Our multi-sport camp is designed to introduce young athletes to a variety of different sports in one setting. Campers will learn Kickball, Dodgeball, Capture the Flag & Ultimate Frisbee. Athletes will learn the rules and essentials of each sport through skill-based games and scrimmages. By the end of the week, your child will walk away with knowledge of multiple sports along with vital life lessons such as respect, teamwork and self discipline.

Ages: 6-12

AC1.722
6/27-7/1

Lacrosse Camp

Lacrosse combines basic skills used in soccer, basketball, and hockey into one fast paced game. Boys and girls will learn the fundamentals of stick handling, cradling, passing and shooting in a fun non-checking environment. Equipment will be provided.

Ages: 6-12

AC1.723
7/11-7/15

DANCE

Come experience Expressions Academy of Dance's approach to building self-confidence and giving students the solid foundation they need to become fearless dancers and individuals. All Dance classes are held at Expressions Academy of dance, located at 780 Sterling Parkway, Suite 30, Lincoln, CA 95648

Dance Discovery, Mommy & Me Ballet

This 30 minute class is a magical way for you and your toddler to experience dance and movement together. Each week will begin with a fun song and dance warm up where they will be introduced to Ballet basics. This class includes dance, yoga, rhythm, music, singing and basic tumbling.

Age: 2-3

Fri • 9:30-10am

AC1.692 • 5/6-5/27 • \$45/\$50NR

AC1.693 • 6/17-7/1 • \$34/\$39NR

AC1.694 • 7/15-7/29 • \$34/\$39NR

AC1.695 • 8/16-9/9 • \$45/\$50NR

Pre Ballet

This class is for the Ballerinas at heart! Our Pre-Ballet program is perfect for the young dancers who are just starting out, and who just love to move. We incorporate games, songs, and rhythm to exercise the creative part of their brain.

Age: 3-5

Fri • 10:45-11:30am

AC1.700 • 5/6-5/27 • \$50/\$55NR

AC1.701 • 6/17-7/1 • \$38/\$43NR

AC1.702 • 7/15-7/29 • \$38/\$43NR

AC1.703 • 8/16-9/9 • \$50/\$55NR

Ballet Level 1

Instructors follow the Cecchetti Classical Ballet Method as well as open ballet classes that encompass a wide variety of traditional styles. Your instructor will create a syllabus that helps to build a strong foundation while encouraging creativity and artistry.

Age: 6-9

Thurs • 5-6pm

AC1.708 • 5/5-5/26 • \$55/\$60NR

AC1.709 • 6/16-6/30 • \$42/\$47NR

AC1.710 • 7/14-7/28 • \$42/\$47NR

AC1.711 • 8/18-9/8 • \$55/\$60NR

Hip Hop Mini's

This class is designed for the kids who just love to move and groove! This class combines Jazz and Hip Hop in a fun and age appropriate way! We learn the basic techniques of both genres, and create exciting and energetic dances.

Age: 4-6

Fri • 10-10:30am

AC1.696 • 5/6-5/27 • \$45/\$50NR

AC1.697 • 6/17-7/1 • \$34/\$39NR

AC1.698 • 7/15-7/29 • \$34/\$39NR

AC1.699 • 8/16-9/9 • \$45/\$50NR

Ballet & Tap

Children will learn and continue to develop the beginning techniques of ballet and tap dancing. They will also be working on improving their coordination, posture, balance, and etiquette in this class.

Age: 4-6

Fri • 11:30am-12:15pm

AC1.704 • 5/6-5/27 • \$50/\$55NR

AC1.705 • 6/17-7/1 • \$38/\$43NR

AC1.706 • 7/15-7/29 • \$38/\$43NR

AC1.707 • 8/16-9/9 • \$50/\$55NR

Hip Hop/Jazz Level 1

With clean, upbeat music we inspire our dancers to move to the rhythm. Our Hip Hop / Jazz classes fill dancers with energy and excitement. While focusing on both Hip Hop and Jazz techniques from classic styles to new modern aspects.

Age: 7-14

Tues • 5:30-6:30pm

AC1.712 • 5/3-5/24 • \$55/\$60NR

AC1.713 • 6/14-6/28 • \$42/\$47NR

AC1.714 • 7/12-7/26 • \$42/\$47NR

AC1.715 • 8/16-9/6 • \$50/\$55NR



What to wear

Visit **Discountdance.com** for Dress Codes

Search for Expressions Academy of Dance, studio #111506.

Look for your class level and you will find the leotard, tights, shoes and any other required items for dress code.

If you have any questions regarding Expressions Academy of Dance classes or dress code, give the office a call, and we will be happy to assist you. (916) 543-0299.



These classes are for children ages 18 months to 10 years of age. Instructor Angie Floyd creates a fun program for girls and boys that teaches basic gymnastics skills in a positive learning environment. Each class includes activities that are geared toward improving gross motor skills, hand-eye coordination, and developing self-esteem in children. Sibling and family discounts are available. *WHAT TO WEAR: Comfortable clothes, that are easy to move in.*
Location: Community Center
No class 5/28, 5/30, 5/31, 6/7, 7/2, 7/4, 9/3, 9/5

Little Dippers

Parents assist their children in a wide range of fun activities designed to benefit toddlers physically, mentally, and socially.

Age: 1.5-3

Mon • 10-10:45am
AC1.620 • 5/16-6/20 • \$42.50/\$47.50NR
AC1.621 • 6/27-8/1 • \$42.50/\$47.50NR
AC1.622 • 8/15-9/19 • \$42.50/\$47.50NR

Wed • 10-10:45am
AC1.626 • 5/18-6/8 • \$34/\$39NR

Fri • 9-9:45am
AC1.627 • 5/20-6/24 • \$51/\$56NR
AC1.628 • 7/1-8/5 • \$51/\$56NR
AC1.629 • 8/19-9/23 • \$51/\$56NR

Little Dippers II

Your little dipper, (1.5-3 years) plus their older sibling (5 years or younger) participate in this class together.

Tues • 10-10:45am
AC1.636 • 5/17-6/21 • \$34/\$39NR
AC1.637 • 6/28-8/2 • \$51/\$56NR
AC1.638 • 8/16-9/20 • \$51/\$56NR

Sat • 9:30-10:15am
AC1.630 • 5/21-6/25 • \$42.50/\$47.50NR
AC1.631 • 7/9-8/6 • \$42.50/\$47.50NR
AC1.632 • 8/20-9/24 • \$42.50/\$47.50NR

Big Dippers

This beginning class helps your child learn listening and following directions, without help from mom or dad. Your child will learn age appropriate gymnastics in a fun and positive environment.

Age: 3

Mon • 11-11:45am
AC1.633 • 5/16-6/20 • \$42.50/\$47.50NR
AC1.634 • 6/27-8/1 • \$42.50/\$47.50NR
AC1.635 • 8/15-9/19 • \$42.50/\$47.50NR

Tues • 11-11:45am
AC1.650 • 5/17-6/21 • \$34/\$39NR
AC1.651 • 6/28-8/2 • \$51/\$56NR
AC1.652 • 8/16-9/20 • \$51/\$56NR

Wed • 9-9:45am
AC1.639 • 5/18-6/8 • \$34/\$39NR

Comets

This class breaks down age appropriate gymnastics skills into achievable goals so that children can experience a fun and positive learning environment.

Age: 3-4

Wed • 11-11:45am
AC1.640 • 5/18-6/8 • \$34/\$39NR

Fri • 11-11:45am
AC1.641 • 5/20-6/24 • \$51/\$56NR
AC1.642 • 7/20-8/5 • \$51/\$56NR
AC1.643 • 8/19-9/23 • \$51/\$56NR

Sat • 10:30-11:15am
AC1.644 • 5/21-6/25 • \$42.50/\$47.50NR
AC1.645 • 7/9-8/6 • \$42.50/\$47.50NR
AC1.646 • 8/20-9/24 • \$42.50/\$47.50NR

Shooting Stars

This class is a step up from our Comets class. Your child will learn age appropriate gymnastics skills in a fun and positive learning environment.

Age: 4-5

Mon • 9-9:45am
AC1.647 • 5/16-6/20 • \$42.50/\$47.50NR
AC1.648 • 6/27-8/1 • \$42.50/\$47.50NR
AC1.649 • 8/15-9/19 • \$42.50/\$47.50NR

Thurs • 3:30-4:15pm
AC1.656 • 5/19-6/23 • \$42.50/\$47.50NR
AC1.657 • 6/30-8/4 • \$51/\$56NR
AC1.658 • 8/18-9/22 • \$51/\$56NR

Fri • 10-10:45am
AC1.659 • 5/20-6/24 • \$51/\$56NR
AC1.660 • 7/1-8/5 • \$51/\$56NR
AC1.661 • 8/19-9/23 • \$51/\$56NR

Sat • 8:45-9:30am
AC1.662 • 5/21-6/25 • \$42.50/\$47.50NR
AC1.663 • 7/9-8/6 • \$42.50/\$47.50NR
AC1.664 • 8/20-9/24 • \$42.50/\$47.50NR

Galaxies

This transitional class focuses on learning fundamental gymnastics skills and developing strength and flexibility.

Age: 5-6

Thurs • 5:25-6:10pm
AC1.665 • 5/19-6/23 • \$51/\$56NR
AC1.666 • 6/30-8/4 • \$51/\$56NR
AC1.667 • 8/18-9/22 • \$51/\$56NR

Fri • 3:30-4:15pm
AC1.668 • 5/20-6/24 • \$51/\$56NR
AC1.669 • 7/1-8/5 • \$51/\$56NR
AC1.670 • 8/19-9/23 • \$51/\$56NR

Beginning Gymnastics

Children learn basic gymnastics skills and progressions that promote strength, flexibility, and cardiovascular fitness.

Age: 6-10

Tues • 5:10-6:10pm
AC1.671 • 5/17-6/21 • \$47.50/\$52.50NR
AC1.672 • 6/28-8/2 • \$57/\$62NR
AC1.673 • 8/16-9/20 • \$57/\$62NR

Fri • 5:30-6:30pm
AC1.674 • 5/20-6/24 • \$57/\$62NR
AC1.675 • 7/1-8/5 • \$57/\$62NR
AC1.676 • 8/19-9/23 • \$57/\$62NR

Boys Beginning Gymnastics

This class is for the Boys! Children learn basic gymnastics skills and progressions that promote strength, flexibility, and cardiovascular fitness.

Age: 5-8

Tues • 3:15-4pm
AC1.653 • 5/17-6/21 • \$34/\$39NR
AC1.654 • 6/28-8/2 • \$51/\$56NR
AC1.655 • 8/16-9/20 • \$51/\$56NR

Intermediate Gymnastics 2

Allows children to take skills learned in Beginning Gymnastics to a more challenging level. **Participation requires instructor approval.**

Age: 7-10

Fri • 4:30-5:30pm
AC1.680 • 5/20-6/24 • \$57/\$62NR
AC1.681 • 7/1-8/5 • \$57/\$62NR
AC1.682 • 8/19-9/23 • \$57/\$62NR

Tumbling & Strength Conditioning

This class will focus on developing strength, flexibility, and intermediate gymnastics skills with an emphasis on front and back handsprings. **Participation requires instructor approval. Required skills: handstand, forward roll, back bend, and round off.**

Age: 6-10

Tues • 4-5pm
AC1.677 • 5/17-6/21 • \$47.50/\$52.50NR
AC1.678 • 6/28-8/2 • \$57/\$62NR
AC1.679 • 8/16-9/20 • \$57/\$62NR

Thurs • 4:15-5:15pm
AC1.683 • 5/19-6/23 • \$42.50/\$47.50NR
AC1.684 • 6/30-8/4 • \$51/\$56NR
AC1.685 • 8/18-9/22 • \$51/\$56NR



GYMNASTICS CAMP

This three day camp is crammed with fun-filled and themed based games, tumbling, music and crafts.

Age: 5-10
AC1.686 • Mon-Wed • 8/8-8/10 • 9am-12pm
\$50/\$50.5R • Community Center

FACILITIES & SCHOOLS

McBean Park Drive / Hwy 193

To Newcastle

Sierra College Blvd

Stoneridge Blvd

Twelve Bridges Dr

Twelve Bridges Dr

17 Eastridge Old Kenmare Rd

Map © 2014 City of Lincoln and Blue Cat Studio, Inc.

1	Aitken Park	C6
2	Auburn Ravine Park							*			E5
3	Brown Park								*	*.*	B2
4	Coyote Pond Park								*		H9
5	Foskett Regional Park . . .	*	*				*	*	*	*	C2
6	Joiner Park	*	*					*	*		D4
7	Machado Park								*	*	C5
8	Markham Park							*	*	*.*	C3
9	McBean Park	*	*	*	*	*	*	*	*	*	E4
10	Nathan Dubin Park (future)										C7
11	Palo Verde Park								*	*.*	G3
12	Pete Demas Park										D7
13	Peter Singer Park	*	*					*	*	*	D6
14	Robert Jiminez Park (future)										D6
15	Scheiber Park								*	*	C4
16	Sheffield Park								*	*	E6
17	Twelve Bridges Park	*	*					*	*		G9
18	Wilson Park	*						*	*		E9

19	Carlin C. Coppin Elementary	F3
20	Creekside Oaks Elementary	C5
21	First Street Elementary	D5
22	Foskett Ranch Elementary	C2
23	Glen Edwards Middle School	D4
24	Lincoln Crossing Elementary	D6
25	Lincoln High School	E4
26	Twelve Bridges Elementary	G9
27	Twelve Bridges Middle School	E9

28	Beermann Plaza	E4 (inset A9)
29	City Hall / WPUUSD District Offices	E4 (inset A8)
30	Civic Auditorium	E4 (inset B9)
31	Corporation Yard	A2
32	Fire Station #33	F4 (inset C9)
33	Fire Station #34	C5
34	Fire Station #35	F9
35	Lincoln Community Center	C4
36	Lincoln Regional Airport	A2
37	McBean Park Pavilion	F4 (inset B10)
38	Police Department	E4 (inset A8)
39	Twelve Bridges Library	E9

Active Tots

Come out to the field and have fun learning the basics of T-Ball and the value of sportsmanship. We will practice hitting, catching, throwing and running the bases. Fun drills and scrimmages will be played. All the equipment is provided, so come on out and play. Instructor may request some parent participation as needed.

T-Ball 1

Age: 3.5-4.5
Fee: \$55/\$60NR

Tuesdays • Twelve Bridges Park
AC1.555 • 6/7-7/5 • 5:30-6:15pm
AC1.559 • 7/19-8/16 • 5:30-6:15pm

Thursdays • Pete Singer Park
AC1.557 • 6/9-7/7 • 5:30-6:15pm
AC1.561 • 7/21-8/18 • 5:30-6:15pm

T-Ball 2

Age: 4.5-6
Fee: \$55/\$60NR

Tuesdays • Twelve Bridges Park
AC1.556 • 6/7-7/5 • 6:30-7:15pm
AC1.560 • 7/19-8/16 • 6:30-7:15pm

Thursdays • Pete Singer Park
AC1.558 • 6/9-7/7 • 6:30-7:15pm
AC1.562 • 7/21-8/16 • 6:30-7:15pm

Kuk Sool Won

Location: Community Center
Instructor: John Santilena

Turtle Tots

Ages: 3.5-5
Fee: \$60/\$65NR

Introduce your child to the high energy environment of Martial Arts in this class for boys and girls. Turtle Tots is designed to help improve a child's balance, flexibility, coordination, self-confidence, respect and self-discipline.

Turtle Tots 1
AC1.590 • 5/10-6/14 • Tues • 6:30-7pm
AC1.591 • 7/5 - 8/9 • Tues • 6:30-7pm
AC1.592 • 8/16-9/20 • Tues • 6:30-7pm

Turtle Tots 2
AC1.593 • 5/12-6/16 • Thurs • 6:30-7pm
AC1.594 • 7/7-8/11 • Thurs • 6:30-7pm
AC1.595 • 8/18-9/22 • Thurs • 6:30-7pm

Dragons

Ages: 5-6
Fee: \$72/\$77NR

Beyond Turtle Tots but not ready for the Junior Martial Arts Program, Dragons is for children 5-6 years of age who have attended several Tots sessions but still may not be ready for Juniors. Dragons is designed for fun and to help improve your child's balance, flexibility, coordination, self-confidence, respect, and self-discipline. Sessions will also stress following instructions and working with others in a team setting. Uniforms are optional.

AC1.596 • 5/11-6/15 • Wed • 5:15-6pm
AC1.597 • 7/6-8/10 • Wed • 5:15-6pm
AC1.598 • 8/17-9/21 • Wed • 5:15-6pm

Juniors 1 & 2

Ages: 6-12
Fee: \$90/\$95NR

Develop strength, quickness, balance, flexibility and coordination as well as improve your powers of concentration, self-discipline and self-confidence with the traditional martial art form of Korea, Kuk Sool Won.

Junior 1
AC1.599 • 5/9-6/15 • Mon/Wed • 6-7pm
AC1.600 • 7/5-8/10 • Mon/Wed • 6-7pm
AC1.601 • 8/15-9/21 • Mon/Wed • 6-7pm

Junior 2
AC1.602 • 5/10-6/16 • Tues/Thurs • 7-8pm
AC1.603 • 7/5-8/11 • Tues/Thurs • 7-8pm
AC1.604 • 8/16-9/22 • Tues/Thurs • 7-8pm

Material Fee: Payable to instructor at the first class (includes uniform, belt, curriculum description, CD of the first Form, and a Lincoln Kuk Sool Won t-shirt). Turtle Tots – N/A, Dragons - \$80 (optional), Juniors - \$80, Adults - \$100

Family Discounts: 1-full price, 2-full price, 3-half price, 4 & on-FREE

Advanced Black Belt

Ages: 10+
Fee: \$90/\$95NR

AC1.605 • 5/9-6/13 • Mon • 5-6pm
AC1.606 • 7/5-8/8 • Mon • 5-6pm
AC1.607 • 8/15-9/19 • Mon • 5-6pm



LINCOLN YOUTH SPORTS LEAGUES



**Don't forget
Registration for
Lincoln Youth Basketball
Starts 8/8/16**

Lincoln Youth Flag Football League- Fall 2016

Lincoln Youth Flag Football is for all boys and girls in grades 1st-8th. LYFF is a non-contact, 5 on 5 league with weekly practices and games held on Saturdays. The Fall season will feature a player combine followed by a player draft. Grades 3rd - 8th will participate in the draft, grades 1st and 2nd will be randomly assigned. Come out and join us for the Fall Season.

Grades: 1st-8th

Registration Deadlines & Fees

Early: 5/25-6/30- \$95

Regular: 7/1-8/14 - \$105

Late: 8/15-8/19 - \$115

\$10 sibling discount

Important Dates:

8/20- Player Orientation Day

8/22- Draft

8/29- First Day of Practices

9/10- First Day of League Play



Volunteer Coaches Needed!

Register at www.LincolnYouthSports.com

Hoop Improvement for Kids

This youth basketball program will provide your young player the opportunity to learn about basketball in a fun and positive environment. Each day will feature easy to learn instruction along with enjoyable games and contests that will enhance their development and love of the game. Coach Rick Bauer is the owner and coach of Good Sport U. All players receive a Good Sport U shirt. Some parental play is requested in this program. Hustle over to www.GoodSportU.com for more information.

No Class: 9/5

Day: Mon

Fee: \$50/\$55NR

Location: Twelve Bridges Elem

Ages: 4-6

AC1.565 • 5/2-5/23 • 5:30-6:25pm

AC1.567 • 8/1-8/22 • 5:30-6:25pm

AC1.569 • 8/29-9/26 • 5:30-6:25pm

Ages: 7-9

AC1.566 • 5/2-5/23 • 6:30-7:25pm

AC1.568 • 8/1-8/22 • 6:30-7:25pm

AC1.570 • 8/29-9/26 • 6:30-7:25pm

Tennis

Location: LHS Tennis Courts

Instructor: Brian Rust

Pee Wee

Development of eye/hand coordination, racquet control, and basic hitting skills in a fun-filled environment.

Age: 4-6

Day: Mon/Wed

AC1.612 • 6/13-6/29 • 8:15-9am • \$84/\$89NR

AC1.615 • 7/11-7/27 • 8:15-9am • \$84/\$89NR

Junior Tennis 1

Demonstration of grips, technique, positioning and stroke development. Interactive games will be played with emphasis on fun and good sportsmanship. A racquet may be provided to first time students who don't have one.

Age: 7-12

Day: Mon/Wed

AC1.613 • 6/13-6/29 • 9-10am • \$90/\$95NR

AC1.616 • 7/11-7/27 • 9-10am • \$90/\$95NR

Junior Tennis 2

For students who have successfully completed Tennis 1. Skills learned in Tennis 1 will be practiced and improved upon. Additional points of emphasis include net play, doubles play & fun. Students must bring their own racquet.

Age: 7-12

Day: Mon/Wed

AC1.614 • 6/13-6/29 • 10-11am • \$90/\$95NR

AC1.617 • 7/11-7/27 • 10-11am • \$90/\$95NR

Beginner Ice Hockey

Come learn the exciting and rapidly growing sport of Ice Hockey! This 4-week introductory class is designed to teach basic hockey skills and get kids hooked on hockey. Includes free hockey jersey, use of skates, helmet, gloves, and stick and one 75 minute class each week. Makeup classes are not available, unless specified.

Please arrive by 10:15am.

Ages: 6-12

AC1.573 • 5/1-5/22

AC1.574 • 6/5-6/26

AC1.575 • 7/10-7/31

AC1.576 • 8/7-8/28

Sun • 11am-12:15pm • \$58

Location: Skatetown, 1009 Orlando Ave, Roseville

Beginner Ice Skating

If you are a beginner ice skater, this is the class for you. Learn forward and backward skating, swizzles, one foot glides, a two foot spin and more. Includes 4 free skate rental passes. Makeup classes are not available.

Age: 6-12

AC1.577 • 5/25-6/15

AC1.578 • 6/22-7/13

AC1.579 • 7/27-8/17

AC1.580 • 8/24-9/14

Wed • 5:45-6:15pm • \$50

Location: Skatetown, 1009 Orlando Ave, Roseville



**Register
Early!**

Don't wait until it's too late!
Programs with low registration
may be cancelled.

ADULT PROGRAMS



Beginning Yoga

Increase your flexibility, strength, balance, endurance, and focus. Whether trying yoga for the first time, supplementing your current fitness routine, or just wanting to get back to yoga basics, come join us for this simplified, yet effective beginner's yoga class. No prior experience or yoga knowledge required. Bring a yoga mat, water, and wear comfortable clothing.

Age: 18+

Location: Community Center

Tues/Thurs • 9-10am

PG1.176 • 5/3-5/31 • \$65/\$70NR



Tennis

Improve your tennis game in this class designed for beginning and intermediate players. Beginning players will learn forehand and backhand strokes, as well as net play, serve, return of serve, scoring and be introduced to doubles play. Intermediate players will improve their tennis strokes with drills that emphasize control, spin, depth and placement. Positioning and strategies for beginning doubles play will also be covered.

Age: 16+

Location: LHS Tennis Courts

Monday's and Wednesday's • 11am - 12pm

AC2.471 • 6/13 - 6/29 • \$90/\$95NR

AC2.472 • 7/11 - 7/27 • \$90/\$95NR



Kuk Sool Won

Kuk Sool Won, a traditional Korean Martial Art, can benefit anyone. In this adult program you will develop strength, quickness, balance, timing, flexibility, and coordination while improving your concentration, self-discipline and self-control. If you feel you are up for the challenges developed by the Korean Masters, here is your opportunity.

Adult Class

Age: 13+

AC2.468 • 5/9 - 6/15

AC2.469 • 7/5 - 8/10

AC2.470 • 8/15 - 9/21

Mon/Wed • 7-8pm • \$90/\$95NR • Community Center

Instructor: John Santilena

Material Fee: Payable to instructor at the first class (includes uniform, belt, curriculum description, CD of the first Form, and a Lincoln Kuk Sool Won t-shirt).

Turtle Tots - N/A, Dragons - \$80 (optional), Juniors - \$80, Adults - \$100

Family Discounts: 1-full price, 2-full price, 3-half price, 4 & on-FREE

ADULT SPORTS LEAGUES

www.LincolnRecSports.com

Registration Dates Summer 2016

Early: 4/4-4/17

Regular: 4/18-5/15

Late: 5/16-5/23

Registration Dates Fall 2016

Early: 7/11-7/24

Regular: 7/25-8/21

Late: 8/22-8/29

Softball

@ Foscett Regional Park

League/ Division	Start Date Summer	Start Date Fall	Day	Early Team Fee	Regular Team Fee	Late Team Fee
Co-ed	May 31	Sept 6	Tues	\$450	\$475	\$500
Men's	June 2	Sept 8	Thurs	\$450	\$475	\$500

Volleyball

@ Lincoln Community Center

League/ Division	Start Date Summer	Start Date Fall	Day	Early Team Fee	Regular Team Fee	Late Team Fee
Co-ed	June 13	Sept 12	Mon	\$300	\$325	\$350

Basketball

Location- TBD

League/ Division	Start Date Summer	Start Date Fall	Day	Early Team Fee	Regular Team Fee	Late Team Fee
Open	June 17	Sept 9	Fri	\$500	\$500	\$500

DROP-IN BASKETBALL

Join us Wednesday's
8-10pm

Lincoln Community Center

\$5 fee, ages 15 +

*wavior required for anyone under the age of 18.

Visit www.lincolnrecsports.com for information.

League fees **must** be paid in full by the late registration deadline date.

Team registration can be processed online at
www.lincolnrecsports.com
or at the **Lincoln Community Center**,
2010 First Street.

Free Agent List

New to Lincoln or short players for your own team? Take advantage of our Free Agent program. Those looking for a team may sign up as a free agent to be added to our free agent list. The free agent list with your name and contact information will be distributed to all team captains prior to the start of the season and is available throughout the year as a download on our league website. Those looking for players to fill their team roster may use the free agent list as a recruiting tool at any time.

www.lincolnrecsports.com

FACILITY RENTALS



MCBEAN PAVILION 65 McBean Park Drive

Ideal for wedding receptions, parties and special events, this 6,700 square foot facility has a large reception hall, full kitchen, small stage, bar area and ample parking. The reception hall is large enough to comfortably seat approximately 400 guests.

All rental fees includes tables and chairs as well as setup and cleanup of the facility.



MCBEAN PARK GAZEBO 65 McBean Park Drive

Located in McBean Park, the Gazebo is perfect for a small outdoor gathering.



MCBEAN PAVILION BBQ AREA 65 McBean Park Drive

Located next to McBean Pavilion, the BBQ Area features a wooden shade structure great for an outdoor event. Tables and chairs are available for use and a full kitchen is available for rent as well.

All rental fees includes tables and chairs as well as setup and cleanup of the facility.



BEERMANN PLAZA 640 5th Street

Beerman Plaza is an outdoor location on 5th Street and F Street. The Plaza has a beautiful fountain and makes a great setting for a small event.



CIVIC AUDITORIUM 511 Fifth Street

This beautifully renovated 2,500 square foot building is perfect for receptions and performances. The building features a large stage area, kitchen space, and inviting foyer. The reception hall is large enough to comfortably seat approximately 200 guests.

All rental fees include chairs.



TWELVE BRIDGES LIBRARY 485 Twelve Bridges Drive

The Lincoln Public Library @ Twelve Bridges has a variety of rooms and facilities for rent.

Check out www.libraryatlincoln.org for Library Forms and room use information. For further details, contact Renae Hart at (916) 434-2410 or (916) 434-2409.

Please visit online at www.lincolnrec.net to view pricing or contact (916) 434-3220 for pricing and reservations.

TWELVE BRIDGES LIBRARY

485 Twelve Bridges Drive
(916) 434-2410

For current hours, programs, fundraisers, and happenings check the Library's website or Facebook page.

libraryatlincoln.org
library@lincolncal.gov
www.facebook.com/libraryatlincoln

Mother Goose on the Loose

This fast-paced, fun activity for young children, their parents, or caregivers includes activities that help your little one to learn and grow. We play instruments, sing songs, repeat nursery rhymes, march, clap, listen to stories, and do lots of fun movements. Adults must accompany children at all times. Limited to first 100 participants.

Age: 0-4 years • 5/5 - 8/25
except 5/19, 6/16, 7/21, 8/18
Thurs • 10:30-11am OR 11:30am-12pm
Twelve Bridges Library- Homework Center

Family Storytime

Join us for our family storytime, a fun half-hour of books, rhymes, and songs. All ages are welcome to this event, and we have special tips and techniques for building reading skills at home throughout the program. Everyone-parents included-is sure to have a good time and learn something new.

Age: All ages welcome

5/11 - 8/31 • Wed • 3:30-4pm
Twelve Bridges Library- Kid's Area

May the 4th Be With You

Fun for the little ones as well as the big kids in all of us. Join us in a galaxy far, far away for an exciting afternoon of crafts, music, snacks, door prizes, storytime for children, and performers for the whole family. Let's celebrate literacy and imagination with some of everyone's favorite Star Wars characters. There will be coloring contests for all ages in the weeks leading up to the event with multiple prizes awarded on the day of the event.

Ages: 3+

5/4 • Wed • 3-5pm

Read to a Dog!

www.lendaheart.org

LAH therapy dogs and their handlers are coming to the Library! Practice your reading skills and make a new four-legged friend by reading a story to a dog. These are trained therapy dogs, so this is also a perfect opportunity to introduce shy young ones to dogs.

Books are provided; sign ups begin at 3:00.

Age: All ages welcome

5/21, 6/18, 7/16, 8/20 • Sat • 3-4pm
Twelve Bridges Library- Homework Center

Online Learning: Research

Find the most accurate, up-to-date information using Explora at the Lincoln Public Library. This research database is simple to use, and provides information from reference books and magazines as well as relevant images and videos. Explora also provides topic overviews, for those looking to get started learning on a new subject. Explora is available in age-appropriate versions for elementary, middle, and high school students as well, ensuring that your children always have accurate, relevant information for school reports. It will even help them with bibliographies!

Sponsored and paid for by the Friends of the Lincoln Library. (FOLL)

Find this database under Online Learning on our website, www.LibraryatLincoln.org. You will need your library card number to use this service.

Homework Help for Students

Students needing help or just a quiet place to study can use the Homework Center. This program is run by volunteers who can assist students.

Age: School age children welcome

5/3, 5/4, 5/10, 5/11, 5/17, 5/18 • Tues/Wed • 3-5pm
Twelve Bridges Library- Homework Center

Friends of the Lincoln Library

The Friends of the Lincoln Library invite you to join them in helping out the Twelve Bridges Library. The Friends support various programs including Read for the Record, Summer Reading Program, Mother Goose On The Loose (MGOL), Read Across America, Homework Center, Family Movie Night, EBSCO research data bases, and many others. To fund these programs the Friends hold quarterly book sales and manage a daily on-going book sale inside the library. Your membership helps also to keep the Library open and programs running. Thanks!

Regular Meetings- 2nd Tuesday of each month 2-4pm

At Twelve Bridges Library- Fir Room

Book Sale

Hundreds of fiction, non-fiction, bestsellers, paperbacks, and children's books will be available for purchase. Prices start at \$.25 and all proceeds go to the Friends of the Lincoln Library sponsored programs.

6/11 • Sat • 12-4pm
Twelve Bridges Library- Willow Room & Lobby

Poetry Open Mic

The Friends of the Lincoln Public Library invite members of the community to share their love of poetry while enjoying refreshments. Contact Sue Clark at (916) 434-9226. *For all ages.*

5/15, 6/12, 7/10, 8/14 • Sun • 3-5pm
Twelve Bridges Library- Willow Room

Family Movie Night

FREE- Sponsored by Friends of the Lincoln Library

Join us for FREE family friendly movies- check Library website for exact titles! Doors open at 5:30pm, movie starts at 6pm.

5/21, 6/18, 7/16, 8/20 • Sat • 6pm
Twelve Bridges Library- Willow Room
Limited to first 100 participants



READ FOR THE WIN

Summer Reading Program 2016

Join us this summer for a sports - and game - themed adventure while we Read for the Win! Earn rewards, enjoy snacks, play games, and have fun for 8 weeks. Join us each Wednesday for crafts, games, and activities based on this summer's theme. **ALL AGES WELCOME!**

Kick Off Party: Saturday • 6/4 • 1:30-3:30pm Kid's Area of the Library. Stop by the library and pick up a bingo card reading log, make a craft, play a game, get your photo taken in the photo booth, and start the summer off right!

Crafts & Activities: Wednesday's • 6/8 - 7/27 • 2:30-3:30pm • Homework Center

ONLINE.

You can register online at www.LincolnRec.net.
Register for youth sport leagues at www.LincolnYouthSports.com.
Register for adult sport leagues at www.LincolnRecSports.com.
Register 24 hours a day, 7 days a week.

WALK-IN.

You can register in our office at **2010 First Street**.

PHONE.

Give us a call at **(916) 434-3220**.



Register Online Now!

Office Closures

The Community Center will be closed on the following dates:

May 30
July 4

Office Hours

8am-12pm, 1-5pm (closed from 12-1pm)

Park & Recreation Committee Members

Roger Ueltzen- Chair
Richard Moore- Vice Chair
Jim Datzman
Alex Floyd
Daniel Gilliam
Paul Harrison
James Haufler
Tim Monelo

Committee Meetings

The public is invited and encouraged to attend the regular quarterly meetings. Meetings are held on the first Tuesday of March, June, September, and December at 6pm at the City Hall, 600 Sixth Street, First Floor Meeting Room.

Scholarships

Scholarships are available for low income families. In order to obtain a scholarship, an application and income verification must be submitted. Approval of the scholarship may take up to 2 weeks. Please contact the Community Center at (916) 434-3220 for more information.

The City of Lincoln staff reserves the right to photograph facilities, activities and program participants for potential future use in advertising, brochures and the City's web page. All photos will remain the property of the City of Lincoln.

Every effort is made to ensure that the information printed in the Recreation Guide is accurate; however, please be aware that programs, dates, prices, or descriptions may change periodically. In the event of a program change, every effort will be made to notify registrants in a timely manner.

General Information

Payments can be made using credit card, check or cash.

- Program prices, dates and times are subject to change.
- Class fees will not be prorated for any reason.
- Registration is on a first-come, first-serve basis.
- The City has established non-resident fees for recreation programs. A non-resident is a person who lives outside of the Western Placer Unified School District.

Refund Policy

Community Classes/Camps/Aquatics

- The City of Lincoln reserves the right to cancel, combine or divide classes; change time, date or place of classes; instructor; or make other changes necessary.
- **Failure to attend a class or "no shows" will not be granted a refund.** Refunds are only eligible if received a minimum of seventy-two (72) hours prior to the first class, unless otherwise noted. If a request is turned in less than seventy-two (72) hours, a refund will be determined on a case-by-case basis.
- Requests for refunds must be in writing, and can be submitted via fax, walk-in, mail, or email. Please email refund requests to amy.gregory@lincolnca.gov
- If the City of Lincoln cancels a program due to low enrollment, a full refund will be issued.
- If you are not satisfied with any of our programs, please contact the program supervisor.
- The online "convenience fee" will not be refunded.

Adult Sports Leagues

- Requests for refund must be received within 24 hours from the close of registration, unless otherwise noted. If a request is submitted after 24 hours, a refund will be determined on a case-by-case basis.
- Requests for refund must be in writing, and may be submitted via fax, walk-in or email. Please email refund requests to douglas.brown@lincolnca.gov
- If the City of Lincoln cancels a league due to low enrollment, a full refund will be issued. All other refunds will be assessed a \$20 processing fee.

Youth Sports Leagues

- Requests for refund must be received within 7 days from the close of registration, unless otherwise noted. If a request is submitted after 7 days, a refund will be determined on a case-by-case basis.
- Requests for refund must be in writing, and may be submitted via fax, walk-in or email. Please email refund requests to daniel.friese@lincolnca.gov
- If the City of Lincoln cancels a league due to low enrollment, a full refund will be issued. All other refunds will be assessed a \$10 processing fee.

Refund Request Forms are available online at www.lincolnrec.net

City of Lincoln Recreation is an approved vendor for the following schools:

Horizon Charter Schools
Visions in Education
South Sutter Charter School

City of Lincoln
Community Center
2010 First Street
Lincoln, CA 95648

Summer Camp & Activities FAIR

FREE Event!



Saturday, May 7th • 10am-2pm

Community Center • 2010 First Street

Worried about what to do this summer? Come to our Summer Camp & Activities Fair and discover all there is to do in and around Lincoln! Participate in fun games, enjoy hands on activities, meet the instructors, and much more!



Presented by the City of Lincoln, Placer Playtime Publications, and Parents' Resource Guide